

SEEKONK HUMAN SERVICES STAFF
508-336-8772

EXECUTIVE DIRECTOR
Bernadette Huck ext. 15

SENIOR SECRETARY
Ashley Pimental ext. 12

CLERICAL ASSISTANT
Kimberly Mallon ext. 10

EDUCATIONAL & SOCIAL PROGRAMS
Karen Stutz ext. 14

OUTREACH MANAGERS
Adriana Dossantos BA. ext. 11

Veronica Brickley ext. 17
LPN BA SOC LSWA

SENIOR AIDES
Sharon Bettencourt, Loretta Ferreira &
Elaine Miranda ext. 19

**SEEKONK HUMAN SERVICES
EXECUTIVE BOARD MEMBERS**

CHAIRPERSON
Victoria Kinniburgh

VICE CHAIRPERSON
Rene Andrews

SECRETARY
Anne Libby

TREASURER
Anita Gendron

Christine Allen
Guy Boulay

Beverly Della Grotta

**Board Meets fourth Monday of the month
@ 3:30pm in the
Board of Selectmen Meeting Room**



320 Pleasant Street ~ Seekonk, MA ~ 508-336-8772

*Monday through Thursday 8:30am—4:30pm

*Wednesdays 5pm—7pm at Town Hall By Appointment Only

*Fridays 8:30am—12:30pm

October 2012

5th ANNUAL FOOD FOR FUEL PASTA FEST
Wednesday, October 17, 2012
Seekonk High School
4:30 – 7:30pm, Open Seating
ADULTS: \$10: CHILDREN 12 & UNDER \$5

Please help your neighbors have a safe winter! With rising costs of fuel, our neighbors are in need of assistance and the only way it can be done is with your help! Sponsored by the Seekonk Non-Profit Coalition—Benefiting Fuel & Utility Fund of Seekonk Human Services. Tickets will be sold in advance and take out will be available. Please call 502-336-8772 for tickets. *Dessert donation will be greatly appreciated. Please bring them to the Seekonk High School

HOMESTEAD ACT
Wednesday, October 3 @ 10am

The Bristol County Registry of Deeds from Taunton will be at Seekonk Human Services to help you file a “Declaration of Homestead.” The cost is \$36 which includes the filing fee. Please bring a copy of the deed to your home if you have it and your driver’s license. Lunch will be Chicken Salad Sandwiches for \$2. Call 508-336-8772 to sign up.

**WHAT IS A DECLARATION OF
HOMESTEAD?**

An Estate of Homestead is a protection for a person’s residence, in the form of a document called a “Declaration of Estate of Homestead.” The form is filed at the Registry of Deeds in the county where the property is located, referencing title/deed to the property. It allows the homeowners in Massachusetts to protect their primary residence up to \$500,000.

NEXT MONITORING INC.
WAYS TO SAVE ON UTILITIES
Wednesday, October 10 @ 10am

Ray Melanson will be at Seekonk Human Services for the purpose of supplying information on ways to save money on utilities. Lunch will be sausage, peppers and onions for \$2. Please call 508-336-8772 to sign up.

TRIAD: FALL SAFETY
Wednesday, October 24 @ 10am

Speakers: Michelle Hines from the Seekonk Police Department and Marty Ulak from the Seekonk Fire Department will be presenting a ‘Fall Safety Program’ at Seekonk Human Services. Does your furnace or chimney need to be cleaned? Be ready for winter with some important safety tips. Lunch will be beef stew for \$2. Please call 508-336-8772 to sign up.

Halloween Party
Wednesday, October 31 @ 10am

Our Halloween Party will feature a delicious lunch of Chicken Parmesan for \$2.

Wear a costume if you like.
Prizes will be awarded for best costumes.

Please sign up at 508-336-8772
For lunch and pay in advance so that we can accommodate you

**Entertainment will be by our own
Karaoke King
BARNEY MALLON**

BULK
U.S. POSTAGE
PAID
PERMIT NO. 50
SEEKONK, MASS.

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

EXPLORATION WEDNESDAYS

- Nov. 7: Veteran's Celebration
Lunch: Turkey Dinner for \$2
- Nov. 14: Seasonal Decorating Ideas for the Home
Lunch: Sheppard's Pie for \$2
- Nov. 28: TRIAD: Holiday Scams
Lunch:
- December 5: Medicine-On-Time by Tom Pasternak from Walsh Pharmacy
Lunch: Venus de Milo Soup for \$2
- December 12: TRIAD: Christmas Party with entertainment by Vic Solo
Lunch: Pot roast, mashed potatoes, and veggies for \$2

MENS BREAKFAST

Thursday, October 11 @ 8:30am
Alex's Family Restaurant
1520 Fall River Avenue (RT. 6)

Men of all ages are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast—the cost is up to you. The speakers will be Bruce Alexander, Finance Director for the Town of Seekonk.

CHEF ON A SHOE STRING

Tuesdays @ 2:00—3:30 @
Seekonk Human Services

Student chefs from Johnson & Wales University gives a cooking demonstration of recipes that are both economical and nutritious for one or two people. Please call Karen Stutz at 508-336-8772 for more information.

HOLIDAY MEALS

Anyone who is homebound and would like to have a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by Thursday, October 25th. Please call 508-336-8772 to have your name put on the list.

ATTENTION:

BRISTOL ELDER SERVICES, INC., CLIENTS
If you are receiving services through Bristol Elder Services you should know that privacy laws prevent your information from being shared with us. If you would like Seekonk Human Services to work with Bristol Elder Services to better serve you, your authorization is required. For more information, please contact us at 508-336-8772

MEDICARE OPEN ENROLLMENT

October 15—December 7

The annual Medicare Open Enrollment (**October 15—December 7**) is the time to enroll in or **CHANGE** your Medicare coverage for next year. State-Certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment. **After December 7th, changes will not be able to be made to your Medicare plans for next year unless you have a qualifying event.**

FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application. File the application as soon as you get it. If you have never had fuel assistance and would to apply, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel Assistance begins November 1st.**

Income Guidelines:

Maximum income for 1 person is \$31,271, for 2 people is \$40,894, for 3 people is \$50,515 and for 4 people is \$60,137. Income includes your social security, pensions and any interest income. If you need help filing our your application, please contact the Outreach Department at Human Services for an appointment. If you are homebound or unable to climb the stairs to our office and need assistance, please call 508-336-8772.

TIME TO CHANGE YOUR SMOKE DETECTOR BATTERIES!

Daylights saving ends on **Sunday, November 4th**. This is the perfect time to change your smoke detector and carbon monoxide batteries. Remember fall back—gain an hour of sleep! If you need assistance changing the batteries, please call Seekonk Human Services at 508-336-8772.

VETERANS DAY OBSERVANCE

Friday, November 16 @ 10:30am

On Friday, November 16th there will be a Veterans Day Observance at the Town Hall with the Veterans Agent Seth Bai. The Wampanoag will be doing a ground breaking ceremony. The guest speaker will be General Rice. If you have any questions contact Seth Bai at 508-336-1481.

***Seekonk Human Services will have a Veterans Day Celebration on November 7th, we would like all the Veterans to attend.**

CARDIAC PREVENTION CLINIC

Wednesday, October 17
9am—12pm

Seekonk Human Services holds a FREE clinic on the 3rd Wednesday of every month. This clinic is staffed by the same two exceptional nurses from South Coast Hospital who have been doing this clinic for several years. Why not take advantage of a FREE opportunity to check your cholesterol, glucose and blood pressure.

Wii Bowling

Mondays @ 10am

Come join us for some Wii bowling fun. The Wii is an excellent way to have fun and be active. Come join us on Mondays at 10am. Call 508-336-8772 for more information.

KNITTING AND CROCHETING

Mondays @ 12:30 – 2:30

Ladies! You are welcome to join our group on any Monday afternoon. Please bring your own knitting needles if you have them, yarn is provided. The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes. Need help finishing a project such as knitting, crocheting or needle point, come in and we will help you tackle it.

ARTS AND CRAFTS

Mondays @ 1:00 - 3:00pm

On Mondays from 1:00pm to 3:00pm Seekonk Human Services will be hosting an Arts & Crafts class. Come join us as we make home décor, flower arrangements, and other crafts. There is no cost for this class. For more information please call 508-336-8772. We look forward to seeing you there!

PITCH (HI-LO-JACK)

Wednesdays @ 12:30 - 2:30

Come join the fun. Why not enjoy an afternoon playing cards with a great group of people? No sign up is required. Pitch is played on the 1st and 3rd Wednesday of the month. If you have any questions you may call 508-336-8772.

MEDICAL LOAN CLOSET

Our FREE Medical Loan Closet provides temporary loan of medical equipment (such as wheelchairs, canes, walkers, commodes) and is available to Seekonk residents. If you need OR would like to make a donation of an item, please call 508-336-8772

YMCA*

472 Taunton Avenue
Seekonk, MA 02771
508.336.7103

\$3 fee per class for the following classes:

- Chair Yoga (Slow Flow) – Wednesdays 10:00 – 11:00am
- Balance Class – Fridays 11:45am – 12:15pm
- Aqua Aerobics – Wednesdays 8:15 – 9:00am OR 9:45 – 10:30am
- Arthritis Foundation Certified Aqua Class – Fridays 9:00 – 9:45am

***Must be a Seekonk senior and have a scan card, please call 508-336-8772 for further information**

SEEKONK TOTAL FITNESS
1301 Fall River Avenue
Seekonk, MA 02771
508.336.4545

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Mondays 11:30-12:15 and Thursdays from 10:30am – 11:15am. The 45-min fitness class is designed specifically for older adults and taught by a certified senior fitness instructor. This easy to follow workout is safe, heart-healthy and gentle on the joints. Energize your inactive lifestyle by increasing muscular strength, range of movement & balance. **The cost per class is \$1.**

GATRA PHOTO ID'S

GATRA Photo ID'S can be done at Seekonk Human Services. No appointment is necessary. Just fill out an application and a picture and the ID will be mailed within 2 weeks. Please contact Ashley Pimental @ 508-336-8772.

MONTHLY NEWSLETTER ONLINE

*The Town Crier website link is

www.seekonk-ma.gov

Click on Departments

Click on Human Services

*** NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.**